We are excited to get you started on your journey. To help you prepare, below you will find information on our science, processes and procedures and what you can expect during your Health Nucleus Visit.

**PREPARATION FOR YOUR VISIT:**
- Stop non-prescribed supplements 72 hours prior to visit.
- Take all medications regularly as prescribed.
- Bring a list of all prescriptions and supplements on the day of visit.
- Fast for 10 hours prior to your visit. It is permissible and we recommend that you drink plenty of water before your appointment.
- Avoid strenuous exercise the morning of the visit.
- If you would like to use a sedative for the MRI, please bring the medication with you to your appointment. To keep our clients safe, we do not recommend driving for at least 6 hours after taking a sedative. Depending on your needs, we can assist in arranging transportation for you.

**WHERE TO GO**

Health Nucleus is located at:
4570 Executive Drive, Suite 100
San Diego, CA 92121

The entrance is at the south end of the Human Longevity, Inc. building closest to Executive Drive. There is a special parking lot in front of the building for clients. Our concierge staff will be expecting you and will greet you upon arrival.

**ACCOMMODATIONS**

Your Health Nucleus visit will consist of approximately 6 hours of testing. Upon arrival, you will be escorted to your private suite where you can get settled. If there is anything we can provide to make you more comfortable please don’t hesitate to ask.

**ATTIRE**

We will provide you with loungewear to wear during your stay that is compatible with the different assessments. A robe will also be provided for additional comfort. We ask that you do not wear anything metal as it will interfere with testing.

**REFRESHMENTS**

A light breakfast will be provided following your sample collection. There will also be an assortment of healthy snacks along with an amenities refrigerator in your private suite. If you have any specific allergies or dietary restrictions, please let us know.
We have carefully curated our testing to focus on four primary areas.

1. **CANCER DETECTION**
   - Whole genome sequencing: Analysis of your DNA that provides insights into your genetic risks for many health conditions, your traits and ancestry, as well as pharmacogenomics which can provide information about which medications you may respond to and if there are some you should avoid.
   - Whole body MRI: Our whole body MRI assesses for many brain, cardiac, cancer and metabolic diseases. We have the most advanced MRI machines available today with unique software and tools to interpret those MRI images. The imaging data are both qualitative and quantitative and can be integrated with clinical and genetic biomarkers.

2. **CARDIAC DISEASE**
   - Coronary calcium scoring: Non-Contrast Cardiac CT assesses coronary artery health through detecting the location and extent of calcified plaque in the walls of your coronary arteries. This can provide information about current cardiovascular risk.
   - Electrocardiogram (EKG): Measures the electrical activity of your heart and a point in time look at heart rate and rhythm.

3. **METABOLIC DISEASE**
   - Core labs: Measures key risk markers for cardiovascular and metabolic diseases along with other important tests of organ function.
   - Comprehensive labs: Includes blood count, kidney and liver function tests, vitamin and hormone levels, a lipid panel, cancer tumor marker screening, heavy metal screening and blood sugar.
   - Global health assessment (full metabolomics): Measurement of 961 small chemical end products of biochemical reactions to better understand your chemical composition. Quantose IR is included, A blood draw is required for this analysis.

4. **NEURODEGENERATIVE AND NEUROVASCULAR DISEASE**
   - Insulin sensitivity test: Assesses insulin resistance by measuring the body’s ability to bring glucose into the cells helping to identify the early stages of the transition toward Type 2 diabetes.
   - Sleep apnea: This mobile overnight test measures oxygen levels during sleep and can detect periods of low oxygen, providing a quantitative measure for your risk of sleep apnea.
   - Microbiome: Analysis of a stool sample provides a summary of micro-organisms and their genetic material that reside in the GI tract.

**Follow up testing as part of your membership**:
- Updated genomics report
- Whole body MRI
- Core labs
- Comprehensive labs
- Insulin sensitivity test
- Electrocardiogram (EKG)
- Global health assessment (full metabolomics)
- Balance tracker
- Gait and balance
- Neurocognitive testing
- Microbiome

If you have any questions or if we can be of assistance to you before your arrival, please do not hesitate to let us know.

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